



FitMamas **ON A ROLL!**

www.MyFitMamas.com

Definitions

The Roller is a therapeutic tool used by Personal Trainers and Physical Therapists to assist clients in muscle re-education, dynamic and static strengthening, enhancing balance and good posture, increasing flexibility of muscles and nerves, removing knotted areas, minimizing aches and pains, challenging proprioceptors (mind/body connection), sensory and movement systems, and promoting relaxation.

Self-Myofascial Release (SMFR) or massage is the technique of using a foam roller to relieve knotted muscle tissue and trigger points of pain and tightness, relaxing muscles and tissues for productive functional living and maximum strength. (Perform before stretching to remove metabolic waste (lactic acid), relieve soreness that follows a workout and increase blood flow and circulation, warming and relaxing muscles.)

Pilates is a form of functional training that has been around for almost 100 years. Joseph Pilates described this method as “Complete coordination of mind, body and spirit.” “The method is a series of mat exercises designed to help you acquire control and balance of your entire body. Through regular practice you will create movement patterns that you will integrate consciously and unconsciously into your life and daily activities.” (from **Pilates Triadball Manual** by Michael Fritzke)

FitMamas Guidelines

- Drink water before, during and after rolling.
- Use mat, floor or wall (firm surfaces) for massage rolling.
- Use yoga type socks (with grippers on the bottom) or use bare feet.
- Listen to the body and feel how it is responding.
- Using the scale of 0-10, do not go above a 6 in pain tolerance.
- Only do the moves that are comfortable for you.
- Stop and rest if you feel light-headed, nauseous, or uncomfortable.
- Build gradually, taking time to explore the movements.
- Make movements slowly to engage the mind and body connection and responses.
- Allow natural and deep breathing to set and maintain your natural rhythm for movement.
- Experiment with the presented techniques and practice movements mindfully.

Care and Use of Your Roller

- Keep roller in a prominent place so you will use it often.
- Prepare enough room to safely roll. Be mindful of blunt objects, furniture etc. that could cause a safety issue.
- Watch out for pets or small children who could get caught under the roller when in motion.
- Store roller lying flat.
- Do not stack anything on top of the roller.
- Use mild soap and water to clean. Dry with a soft cloth.

